

About Swim Lessons...

Small group lessons are available from highly qualified instructors. Classes have 4-8 participants each. Participants registering in Advanced Swimming must pre-test for this level (see below). Lessons held rain or shine, except in cases of thunderstorms.

Lessons are 2 weeks, Monday-Friday, 30 minutes per class. Milpitas High School Afternoon/Evening lessons are held Monday-Thursday, 35 minutes each day.

Participants **must** be registered in the level according to their age. Please Note: Staff will register participants in correct age level classes should registration forms be submitted with incorrect age level class codes.

Swim Lesson Pre-Testing

Pre-Testing for Swim Lesson class levels are held at the Milpitas Sports Center. No appointment is necessary.

- Mondays-Thursdays, May 1-29, 6:00-7:00 pm (except on May 26).
- Saturdays, May 3 through the end of summer, 10:00 am-12:00 pm.

Private Lessons

Class size: 1 participant
30 minutes
Fee: \$40 (\$30 residents)
1 meeting

Private swim lessons will be offered August 18-22, at the Milpitas Sports Center on a space and instructor availability basis. Lessons are designed to enhance swimming skills learned in group lessons and for water adjustment. All ages, 3 years through adults, are encouraged to enroll. You may register for as many or as few lessons as desired.

Time	8/18	8/19	8/20	8/21	8/22
10:00 am	SP301	SP311	SP321	SP331	SP341
10:30 am	SP302	SP312	SP322	SP332	SP342
11:00 am	SP303	SP313	SP323	SP333	SP343
12:30 pm	SP304	SP314	SP324	SP334	SP344
1:00 pm	SP305	SP315	SP325	SP335	SP345
1:30 pm	SP306	SP316	SP326	SP336	SP346

Summer Recreation Swimming

Milpitas Sports Center

Saturday, June 14-August 30
12:00-4:00 pm

Monday-Friday, June 23-August 22
2:00-4:30 pm

Sports Center Pool Holiday Swim

Memorial Day, May 26, 12:00-4:00 pm
4th of July, July 4, 1:00-5:00 pm
Labor Day, September 1, 12:00-4:00 pm

\$2 per person

Please Note:

- No diapers or pull-ups allowed in pools. Children's specialized swimming pull-ups are required.
- Deep Water Swim test required for all swim patrons

Milpitas High School

Monday-Friday
June 23-August 15
1:15-3:30 pm



For more information, call the
Milpitas Sports Center at
(408) 586-3225



Parent/Tot Drop-In Program

Spend some quality time with your child! 30 minutes of fun in the water; toys and a lifeguard are provided. Children must be accompanied in the water by an adult 18 years or older. This program is **not** designed to teach children to swim or survive in the water on their own. **No instruction will be provided!** For ages 6 months to three years.

The Parent/Tot Drop-In is a first come, first serve basis. The program is limited to the first 10 participants per time slot.

Please Note:

- Only one child per adult, age 18 or older.
- A non-refundable 5-visit pass costs \$10.00.
- Non-residents pay an additional \$10 **annual fee**.
- No diapers or pull-ups allowed in pools. Children's specialized swimming pull-ups are required.

Parent/Tot Drop-in Session Times

Milpitas Sports Center

June 23-August 15

Monday-Friday

10:00 am

10:30 am

11:00 am

12:00 pm

Milpitas High School

June 23-August 15

Monday-Friday

9:45 am

10:45 am

Monday-Thursday

5:25 pm

6:35 pm

Tiny Tot Swim Lessons

Ages 3-5. Emphasizes water comfort without the parent and beginning water skills. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:00-9:30 am	STT311	STT321	STT331	STT341
9:30-10:00 am	STT312	STT322	STT332	STT342
10:00-10:30 am	STT313	STT323	STT333	STT343
10:30 -11:00 am	STT314	STT324	STT334	STT344
11:00-11:30am	STT315	STT325	STT335	STT345
12:00-12:30 pm	STT316	STT326	STT336	STT346
12:30-1:00 pm	STT317	STT327	STT337	STT347
1:00-1:30 pm	STT318	STT328	STT338	STT348

Learn to Swim

Ages 6-14. Participants will be placed in appropriate levels on the first day of class depending on skill proficiency. This class focuses on beginning strokes, breath control and basic water skills. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:00-9:30 am	SLS311	SLS321	SLS331	SLS341
9:30-10:00 am	SLS312	SLS322	SLS332	SLS342
10:00-10:30 am	SLS313	SLS323	SLS333	SLS343
10:30 -11:00 am	SLS314	SLS324	SLS334	SLS344
11:00-11:30am	SLS315	SLS325	SLS335	SLS345
12:00-12:30 pm	SLS316	SLS326	SLS336	SLS346
12:30-1:00 pm	SLS317	SLS327	SLS337	SLS347

Advanced Swimming

Ages 7-14. Pretest or Learn to Swim certificate required. Participants must be able to swim one full lap of freestyle, breaststroke and backstroke. This class focuses on refinement and proficiency in all swim strokes. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:00-9:30 am	SAS311	SAS321	SAS331	SAS341
9:30-10:00 am	SAS312	SAS322	SAS332	SAS342
10:00-10:30 am	SAS313	SAS323	SAS333	SAS343
10:30 -11:00 am	SAS314	SAS324	SAS334	SAS344
1:00-1:30 pm	SAS318	SAS328	SAS338	SAS348

Adult Lessons

Ages 15+. This class is designed for both adult beginners and those wishing to perfect their strokes. Class will be geared to the individual needs and abilities of the participants. Full range of skills will be covered based on starting skill level.

Classes meet Monday-Friday, 30 minutes each day.

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
10:30 -11:00 am	SAD314	SAD324	SAD334	SAD344
11:00-11:30am	SAD315	SAD325	SAD335	SAD345

Swim Lesson Fees:

\$66 (\$56 residents) - Class codes listed in black

\$61 (\$51 residents) - Class codes listed in color (No class held July 4)

Waiting List Policy

You will be placed on the Waiting List without payment should your class choice(s) be full. Recreation Services will contact those on the Waiting List, in order of placement, once an opening occurs. People on the Waiting Lists are not guaranteed enrollment in class. Please do not go to class if you are on the Waiting List. Should you go to the class and an enrolled participant is absent, you will not be able to "take" their space.

Tiny Tot Swim Lessons - AM Classes

Ages 3-5. Emphasizes water comfort without the parent and beginning water skills. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:15-9:45 am	MTT411	MTT421	MTT431	MTT441
9:45-10:15 am	MTT412	MTT422	MTT432	MTT442
10:15-10:45 am	MTT413	MTT423	MTT433	MTT443
10:45-11:15 am	MTT414	MTT424	MTT434	MTT444
11:45am-12:15 pm	MTT415	MTT425	MTT435	MTT445
12:15-12:45 pm	MTT416	MTT426	MTT436	MTT446

Learn to Swim - AM Classes

Ages 6-14. Participants will be placed in appropriate levels on the first day of class depending on skill proficiency. This class focuses on beginning strokes, breath control and basic water skills. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:15-9:45 am	MLS411	MLS421	MLS431	MLS441
9:45-10:15 am	MLS412	MLS422	MLS432	MLS442
10:15-10:45 am	MLS413	MLS423	MLS433	MLS443
10:45-11:15 am	MLS414	MLS424	MLS434	MLS444
11:45am-12:15 pm	MLS415	MLS425	MLS435	MLS445
12:15-12:45 pm	MLS416	MLS426	MLS436	MLS446

Advanced Swimming- AM Classes

Ages 7-14. Pretest or Learn to Swim certificate required. Participants must be able to swim one full lap of freestyle, breaststroke and backstroke. This class focuses on refinement and proficiency in all swim strokes. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
9:15-9:45 am	MAS411	MAS421	MAS431	MAS441
9:45-10:15 am	MAS412	MAS422	MAS432	MAS442
10:15-10:45 am	MAS413	MAS423	MAS433	MAS443
10:45-11:15 am	MAS414	MAS424	MAS434	MAS444
11:45am-12:15 pm	MAS415	MAS425	MAS435	MAS445
12:15-12:45 pm	MAS416	MAS426	MAS436	MAS446

Adult Lessons - AM Classes

Ages 15+. This class is designed for both adult beginners and those wishing to perfect their strokes. Class will be geared to the individual needs and abilities of the participants. Full range of skills will be covered based on starting skill level. **Classes meet Monday-Friday, 30 minutes each day.**

Class	6/23-7/3*	7/7-7/18	7/21-8/1	8/4-8/15
11:45am-12:15 pm	MAD415	MAD425	MAD435	MAD445

Tiny Tot Swim Lessons - PM Classes

Ages 3-5. Emphasizes water comfort without the parent and beginning water skills. **Classes meet Monday-Thursday, 35 minutes each day.**

Class	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
3:45-4:20 pm	MTT417	MTT427	MTT437	MTT447
4:20-4:55 pm	MTT418	MTT428	MTT438	MTT448
5:25-6:00 pm	MTT419	MTT429	MTT439	MTT449
6:00-6:35 pm	MTT511	MTT521	MTT531	MTT541
6:35-7:10 pm	MTT512	MTT522	MTT532	MTT542
7:10-7:45 pm	MTT513	MTT523	MTT533	MTT543

Learn to Swim - PM Classes

Ages 6-14. Participants will be placed in appropriate levels on the first day of class depending on skill proficiency. This class focuses on beginning strokes, breath control and basic water skills. **Classes meet Monday-Thursday, 35 minutes each day.**

Class	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
3:45-4:20 pm	MLS417	MLS427	MLS437	MLS447
4:20-4:55 pm	MLS418	MLS428	MLS438	MLS448
5:25-6:00 pm	MLS419	MLS429	MLS439	MLS449
6:00-6:35 pm	MLS511	MLS521	MLS531	MLS541
6:35-7:10 pm	MLS512	MLS522	MLS532	MLS542
7:10-7:45 pm	MLS513	MLS523	MLS533	MLS543

Advanced Swimming- PM Classes

Ages 7-14. Pretest or Learn to Swim certificate required. Participants must be able to swim one full lap of freestyle, breaststroke and backstroke. This class focuses on refinement and proficiency in all swim strokes. **Classes meet Monday-Thursday, 35 minutes each day.**

Class	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
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5:25-6:00 pm	MAS419	MAS429	MAS439	MAS449
6:00-6:35 pm	MAS511	MAS521	MAS531	MAS541
6:35-7:10 pm	MAS512	MAS522	MAS532	MAS542
7:10-7:45 pm	MAS513	MAS523	MAS533	MAS543

Adult Lessons - PM Classes

Ages 15+. This class is designed for both adult beginners and those wishing to perfect their strokes. Class will be geared to the individual needs and abilities of the participants. Full range of skills will be covered based on starting skill level. **Classes meet Monday-Thursday, 35 minutes each day.**

Class	6/23-7/3	7/7-7/17	7/21-7/31	8/4-8/14
5:25-6:00 pm	MAD419	MAD429	MAD439	MAD449
6:00-6:35 pm	MAD511	MAD521	MAD531	MAD541
6:35-7:10 pm	MAD512	MAD522	MAD532	MAD542
7:10-7:45 pm	MAD513	MAD523	MAD533	MAD543



Swim Towards Excellence with the Milpitas Tidal Waves!

This competitive United States Swimming Team is open to youth ages 6-18 years. Practices are held at the Milpitas Sports Center, 1325 E. Calaveras Blvd., and Milpitas High School, 1285 Escuela Pkwy. Participants must be able to complete one-lap of the freestyle (crawl-stroke). Swimmers will be able to compete in sanctioned United States Swim meets. Discount for multiple children in the same family. Call (408) 586-3225 for more information.

Fees:

\$50 per month for the 1st child*
 \$40 per month for the 2nd child*
 \$30 per month for the 3rd child*
 (Non-residents are charged an additional \$10 annual fee)
 * Plus \$30 for annual USS registration fee

Practice Times:

6:00-9:15 am or 4:15-6:00 pm,
 Monday-Friday (time of practice and location depends on skill level)

Adv. Jr. Lifeguard Program

Designed as a continuation to the Junior Lifeguard program. Instruction on pool safety, advanced rescue techniques, First Aid and basic CPR and swim lesson aide. This class will prepare participants for the American Red Cross Lifeguarding Today course that is offered. Upon successful completion of this course, participants will be able to volunteer at either the Sports Center or Milpitas High School pools during the summer. Ages 13-14.

Please Note:

- Instructor: Aquatic Staff.
- Class held at Sports Center.
- Fee includes T-shirt and City of Milpitas Junior Lifeguard manual.
- A separate \$17 check, payable to American Red Cross, is due at registration for course materials & certification cards.
- Discount of \$10 for second child in same family.
- Ages 13-14, or by approval from Jr. Lifeguard Instructor.



Milpitas Tidal Waves Swim Team

Jr. Lifeguard Program

Are you interested in becoming a lifeguard, but are not old enough? This course's content includes training in pool safety, rescue techniques and swim lesson aide. Upon successful completion, participants are eligible to volunteer as a Junior Lifeguard at either the Sports Center or Milpitas High School pools during the summer. Ages 10-14.

Please Note:

- Instructor: Aquatic Staff.
- Class held at Sports Center.
- Fee includes T-shirt and City of Milpitas Junior Lifeguard manual.
- Discount of \$10 for second child in same family.
- No class held July 4. Class will be held on Saturday, July 5.

Swim Camp

Each week focuses on a different competitive stroke: freestyle, backstroke, butterfly and breaststroke. Emphasis is placed on perfection of strokes, starts, turns, drills and introduction to competition. Participants must be able to complete one lap of freestyle. Ages 8-16.

Please Note:

- Instructor: Aquatic Staff.
- Class held at Sports Center.

Water Polo Camp

Join this exciting new sport! Water Polo is a combination of soccer and basketball in the pool! Come learn the fundamentals of the game, including ball handling, dribbling, passing and game strategies. Participants must be able to swim 1 lap of freestyle and tread water for 1 minute. Ages 8-14.

Please Note:

- Instructor: Aquatic Staff.
- Class held at Milpitas High School.

Code	Age	Days	Time	Dates	# Meeting	Location	Fee
Jr. Lifeguard Program							
2723.301	10-14	M-F*	8:00-10:00 am	June 23-July 5*	10	Sports Center	\$60 (\$50 resident fee)
Advanced Jr. Lifeguard Program							
2724.301	13-14	M-F	8:00-10:00 am	July 7-18	10	Sports Center	\$60 (\$50 resident fee)
Swim Camp							
8001.301	8-16	M-F	8:30-9:30 am	July 21-August 15	20	Sports Center	\$50 (\$40 resident fee)
Water Polo Camp							
8805.301	8-14	M-F	7:30-9:00 am	July 28-August 8	10	Milpitas High Sch.	\$50 (\$40 resident fee)

*= See "Please Note" in class description.